



## Empower & Encourage

Debbie Lyons-Blythe and Chef Alli

### Empowering and Encouraging Farmers, Ranchers, and Consumers to Connect Around the Dinner Table of Today



Food is so personal! And because we tend to think of ourselves in terms of the foods we choose to eat, dinner table conversations are more important than ever, bringing many questions to light that eventually provide us with a better understanding of ourselves and others.

- Does what we eat define who we are?
- What signals are our food purchases sending to the world around us?
- Do my food choices reveal what type of person I am at heart?
- Does what I eat tell the whole story of who I am and where I come from?
- Have my food choices become my identity?

I'm privileged to join my friend Debbie Lyons-Blythe as we take to the back roads of America to share high-energy presentations for audiences everywhere. No matter the audience, from farmers, ranchers, and educators specifically looking to expand their outreach, to consumers who simply desire to connect, discuss, and understand, we will fill your venue with encouragement, empowerment, and some tasty treats!

Full of life lessons, laughter, tears, and a good cooking strategy or two, Empower and Encourage presentations whole-heartedly reflect why we are so passionate about food conversations of today. We'd love to connect with you!

Please contact us for more information, and be sure to follow the Empower & Encourage Facebook page for weekly updates.